

MONTGOMERY COUNTY RECREATION DEPARTMENT

LONG BRANCH SENIOR CENTER

LONG BRANCH COMMUNITY CENTER

8700 PINEY BRANCH ROAD, SILVER SPRING, MD 20901

240 777-6975

HTTP://MONTGOMERYCOUNTYMD.GOV/REC



April 2011

Elizabeth Ortega-Lohmeyer, Director,

Staff: Carol Clatterbuck, Leah Kwait-Blank, Nancy Martínez, Richard Gutiérrez,
Celibel Cortes, Philler Johnson

Transportation to Long Branch for Seniors

Door-to-door bus transportation to the center is offered of charge Monday - Thursday within a limited area; to make arrangements for transportation, please call 240-777-6975

A nutritious lunch is served everyday at 1:00 pm for Seniors 55+



A few of the daily activities

10:00 am to 10:30 am: Moving and Grooving - everyday

10:00 am to 11:30 am: Board Game Time and Coffee - everyday

10:00 am: Seated Volleyball – everyday

11:30 am: Zumba – Fridays

10:00 am: Computer classes in English and Spanish – Monday – Thursday

Now in Facebook under LongBranch Senior

facebook

Name:
LongBranch Senior

SPEAKERS, ENTERTAINERS AND SPECIAL EVENTS

Dance at Long Branch! Practice your best steps of Latin salsa, merengue, jazz and more any time at the Social Hall B.



The beat is on for you.



All programs are free except when indicated. Call our office at 240-777-6975 if you have any question, thank you.

Friday, April 1st, 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: Chinese American Senior Services Association (CASSA)

Contact Vivien Hsueh, President at 301-530-4880 or email vhsueh@aol.com for information.

T'ai Chi for Seniors: Experience the gentle stretching, graceful movements, and health benefits of T'ai Chi with instructors Fred Nee and Al Carey. A review of scientific literature suggests that there is strong evidence of beneficial health effects of tai chi and qi gong, including benefits for bone health, cardiopulmonary fitness, balance, and quality of life. Both tai chi and qi gong involve physical movement, mental focus, and deep breathing.

10:00 am - 10:30 am: Qi Gong deep breathing and range of motion exercises

10:30 am - 11:00 am: Three repetitions of the Yang Style T'ai Chi Chaun solo exercise

11:00 am - 11:30 am: Introduction to basics of Tai Chi Chuan solo exercise.

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

11:00 am: Spanish Advanced Beginner

Native Spanish speaking instructor Waldo Pinto teach advanced level Spanish; students must purchase *Barron's Learn Spanish the Fast and Fun Way (3rd Ed.)*. 15 weeks.

11:30 am: Seated Volleyball

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

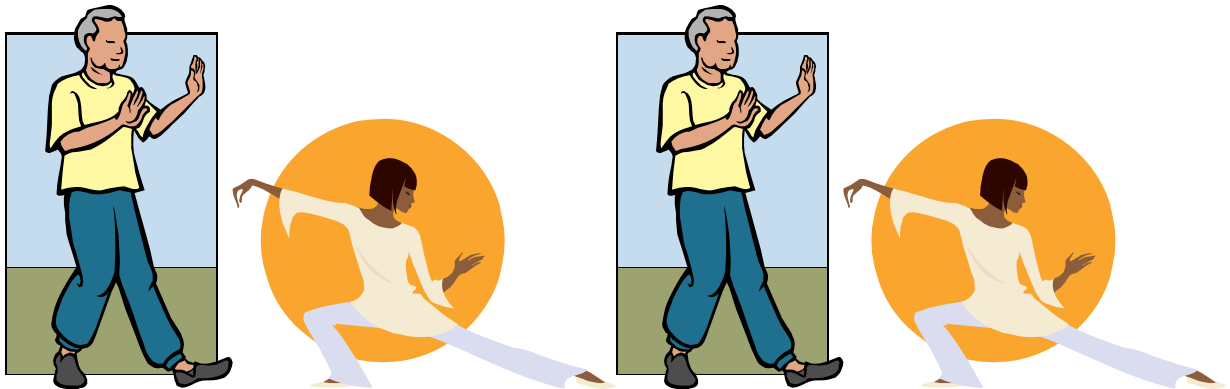
11:30 am to 12:30 pm: Zumba

Zumba Fitness fuses hypnotic Latin rhythms and easy-to-follow moves in a unique dance program that will leave you energized. Choreography and music are tailored to anyone new to dance fitness, as well as the active older adult. You'll learn salsa, merengue, cumbia, cha-cha, mambo, and tango. What else could you ask for? Fee: \$3.00.

1:00 pm to 2:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Lunch, Cranapple Juice, Tuna Noodle Cass, Turnip Greens, Rye Bread, Purple Plums, Coffee, Tea, and Water.

**Monday, April 4th, 10:00 am to 11:30 am: Moving and Grooving**

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: Chinese American Senior Services Association (CASSA)

Contact Vivien Hsueh, at 301-530-4880 or email vhsueh@aol.com for information.

10:00 am: Seated Volleyball in the Gym

Now you can play Seated Volleyball in the Gym, Monday through Thursday.

10:00 am to 11:30 am: Keyboarding Course

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class ends Thursday, April 11th.

10:00 am to 11:45 am: T'ai-Chi

T'ai Chi is a system of movements and positions believed to have developed in 12th Century China. T'ai Chi techniques aim to address the body and mind as an interconnected system and are traditionally believed to have mental and physical health benefits to improve posture, balance, flexibility, and strength. CASSA instructors presents this program.

10:30 am to 12:00 pm: Ceramics Class

Carol Clatterbuck instructs, cost \$24.00 for eight (8) weeks including greenware, paint, glaze, and firing. This is your opportunity to try various techniques and make your own beautiful pieces. Lots of bisque to choose from--vases, dishware, banks, holiday items, etc. (With instructor's permission, you may bring your own supplies to work independently at \$12.00)

11:00 am to 12:00 pm: Check your Blood Pressure

On Monday and Tuesday check your blood pressure and keep records of the numbers.

11:00 am: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

11:30 am to 1:00 pm: Keyboarding Course in Spanish

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class ends April 11th.

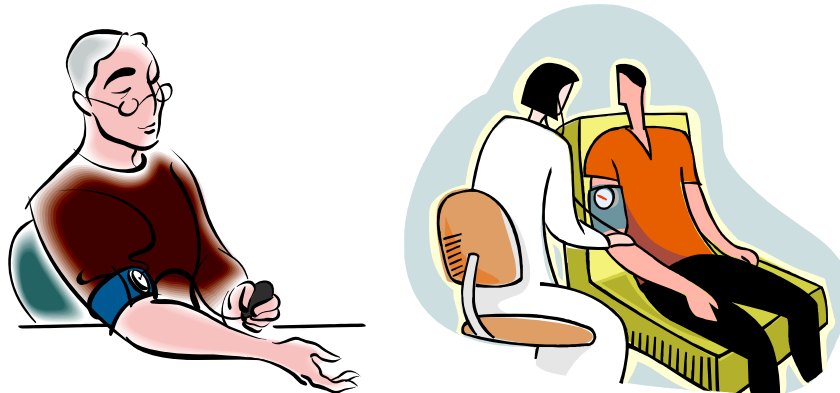
12:00pm: Spanish Conversation Club

Practice your Spanish conversation skills with native speaker and volunteer Waldo Pinto.

12:00 pm to 12:45 pm: Senior Fit: Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. This program is co-sponsored by Holy Cross Hospital and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

1:00 pm: Lunch, Chicken Francesca, Scalloped Potatoes, Green Beans, Garden Salad, Whole Wheat Bread, Orange, Coffee, Tea, and Water.



Tuesday, April 5th, 10:00 am to 10:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: The Vietnamese Senior Association of Maryland (VSAM)

Contact Chairman and President *LamBao Nguyễn* at 240-487-6729; or e-mail lambao@comcast.net

10:00 am to 11:30 am: Basic Computer Course

Learn the fundamentals targeted for those who have no prior knowledge of computing. Cost \$12 for 6 classes. Class ends Tuesday, April 5th.

10:00 am: US Movie with Subtitles in Spanish

10:00 am: Seated Volleyball in the Gym

Now you can play Seated Volleyball in the Gym, Monday through Thursday.

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

11:00 am: Citizenship

Martine Portee helps seniors every Tuesday and Thursday Teaching the way to be ready to become a US Citizen. If this is the first time in a classroom, please bring a copy of your social security number and your green card.

11:00 am to 12:00 pm: Check your Blood Pressure

On Monday and Tuesday check your blood pressure and keep records of the numbers.

11:30 am to 1:00 pm: Basic Computer Course in Spanish

Learn the fundamentals targeted for those who have no prior knowledge of computing. Cost \$12 for 6 classes. Class ends April 5th.

12:00 pm: Spanish Beginner: Native Spanish speaking instructor Waldo Pinto teaches entry level Spanish; students must purchase *Barron's Learn Spanish the Fast and Fun Way (3rd Ed.)*.

1:00 pm: Lunch, Sliced Roast Beef, Mash Potatoes/Gravy, Broccoli, Carrots and Cauliflower, Tossed Salad, Whole Wheat Bread, Banana, Coffee, Tea, and Water.

Wednesday, April 6th, 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

**10:00 am to 11:30 am: Board Game Time and Coffee**

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am – 1:00 pm: Rosetta Stone – Computer Tutoring

Learn to speak English using the "Rosetta Stone" program on the computer, Basic English instruction and Computer Tutoring. Volunteers: Jane Hawkanson, Edward Ingram.

10:00 am: Vision Exercises

Improve your balance and peripheral vision with these simple exercises, if you can't get to these sessions, the equipment is available to practice on your own.

10:00 am: Seated Volleyball in the Gym

Now you can play Seated Volleyball in the Gym, Monday through Thursday.

10:00 am: Knitting and Crochet class

Learn knitting and crochet with expert Clotilde Ibáñez; bring your own materials.

10:30 am to 12:00 pm: Art Explorations in Paint

Carol Clatterbuck provides assistance and feedback for you to paint in acrylics. Some are examples of animals, waterscapes, landscapes, florals, etc. Work at your own pace; explore your creativity with brush and paint. Drawing skills are not required. Cost \$24.00 eight (8) weeks.

11:00 am: Learn Reading and Writing in Spanish

Volunteer Clotilde Ibáñez, former School Principal in Latin America helps those who didn't have an opportunity to attend elementary school.

11:00 am: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

12:00 pm: Bingo

Learn and play for fun or for prizes. Cost \$1.00.

12:00 pm to 12:45 pm: Senior Fit: Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. Co sponsored by Holy Cross Hospital, and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

1:00 pm to 2:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Lunch, Meatloaf, Baked Sweet Potato, Garden Salad, Whole Wheat Bread, Diced Peaches, Cranapple Juice, Coffee, Tea, and Water.



Thursday, April 7th, 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: The Vietnamese American Senior Association (VASA)

For information please contact Ms. Quynh Nguyen at 301-588-6862.

10:00 am to 11:30 am: Keyboarding Course

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class ends April 7th.

10:00 am to 12:00 pm: Blood Pressure

Leni Barry RN, MSN, MA, Nurse Health Educator, from Suburban Hospital presents a seminar on blood pressure which will include a discussion among participants, a DVD presentation, and handouts for the participants to refer and take home. Program is in English with an interpreter in Spanish.

10:00 am: Seated Volleyball in the Gym

Now you can play Seated Volleyball in the Gym, Monday through Thursday.

11:00 am: Citizenship

Martine Portee helps seniors every Tuesday and Thursday Teaching the way to be ready to become a US Citizen. If this is the first time in a classroom, please bring a copy of your social security number and your green card.

11:30 am – 1:00 pm: Keyboarding Course in Spanish

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class ends April 7th.

12:00 pm to 2:00 pm: Know your Blood Pressure Numbers Program

Leni Barry RN, MSN, MA, Nurse Health Educator from Suburban Hospital presents this Heart Health Risk Factor Assessments Program which includes Blood pressures/Heart Rates/BMI (weight calculation) and the completion on a new Heart Health Profile Card; each visit of Nurse Leni Barry from Suburban Hospital will be a re-assessment of blood pressure, heart rate, BMI, and each individual will be able to track their progress. It is important for everyone to have a goal they are working on with instruction to actually make lifestyle changes to help maintain Heart Health.

12:00 pm: US Movie with Spanish subtitles.**12:00 pm: Long Branch Seniors Advisory Committee meeting and welcome to new members**

1:00 pm: Lunch, Tomato Soup, Baked Pork Chop in Dijon Sauce, Peas, Summer Squash, Whole Wheat Roll, Chunky Applesauce, Coffee, Tea, and Water.

Friday, April 8th, 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: Chinese American Senior Services Association (CASSA)

Contact Vivien Hsueh, President at 301-530-4880 or email vhsueh@aol.com for information.

T'ai Chi for Seniors: Experience the gentle stretching, graceful movements, and health benefits of T'ai Chi with instructors Fred Nee and Al Carey. A review of scientific literature suggests that there is strong evidence of beneficial health effects of tai chi and qi gong, including benefits for bone health, cardiopulmonary fitness, balance, and quality of life. Both tai chi and qi gong involve physical movement, mental focus, and deep breathing.

10:00 am - 10:30 am: Qi Gong deep breathing and range of motion exercises

10:30 am - 11:00 am: Three repetitions of the Yang Style T'ai Chi Chaun solo exercise

11:00 am - 11:30 am: Introduction to basics of Tai Chi Chuan solo exercise.

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

11:00 am: Spanish Advanced Beginner

Native Spanish speaking instructor Waldo Pinto teach advanced level Spanish; students must purchase *Barron's Learn Spanish the Fast and Fun Way (3rd Ed.)*. 15 weeks.

11:30 am: Seated Volleyball

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

11:30 am to 12:30 pm: Zumba

Zumba Fitness fuses hypnotic Latin rhythms and easy-to-follow moves in a unique dance program that will leave you energized. Choreography and music are tailored to anyone new to dance fitness, as well as the active older adult. You'll learn salsa, merengue, cumbia, cha-cha, mambo, and tango. What else could you ask for? Fee: \$3.00.

1:00 pm to 2:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Lunch, Baked Pollack in Lemon Sauce, Pinto Beans, Carrots, Broccoli Slaw, Rye Bread, Pear Crisp, Coffee, Tea, and Water.



Monday, April 11th, 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: Chinese American Senior Services Association (CASSA)

Contact Vivien Hsueh, President at 301-530-4880 or email vhsueh@aol.com for information.

10:00 am to 11:30 am: Keyboarding Course

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class ends April 11th.

10:00 am to 12p m: Know your Blood Pressure

The Health and Wellness program of Adventist Healthcare takes your Blood Pressure every second Monday of the month.

10:00 am: Seated Volleyball in the Gym

Now you can play Seated Volleyball in the Gym, Monday through Thursday.

10:00 am to 11:45 am: T'ai-Chi

T'ai Chi is a system of movements and positions believed to have developed in 12th Century China. T'ai Chi techniques aim to address the body and mind as an interconnected system and are traditionally believed to have mental and physical health benefits to improve posture, balance, flexibility, and strength. CASSA instructors present this program.

10:30 am to 12:00 pm: Ceramics Class

Carol Clatterbuck instructs, cost \$24.00 for eight (8) weeks including greenware, paint, glaze, and firing. This is your opportunity to try various techniques and make your own beautiful pieces. Lots of bisque to choose from--vases, dishware, banks, holiday items, etc. (With instructor's permission, you may bring your own supplies to work independently at \$12.00)

11:00 am: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

11:00 am to 12:00 pm: Check your Blood Pressure

On Monday and Tuesday check your blood pressure and keep records of the numbers.

11:30 am to 1:00 pm: Keyboarding Course in Spanish

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class ends April 11th.

12:00pm: Spanish Conversation Club

Practice your Spanish conversation skills with native speaker and volunteer Waldo Pinto.

12:00 pm to 12:45 pm: Senior Fit: Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. This program is co-sponsored by Holy Cross Hospital and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

1:00 pm: Lunch, Vegetable Soup, Baked Chicken Leg, Baked Potato, Spinach, Whole Wheat Bread, Cherry Crisp, Coffee, Tea, and Water.

**Tuesday, April 12th, 10:00 am to 11:30 am: Moving and Grooving**

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am: Dance with Annetta

Join Annetta Sawyer from Arts for the Aging for world dance rhythms, movement and exercise.

10:00 am to 2:00 pm: The Vietnamese Senior Association of Maryland (VSAM)

Contact Chairman and President *Lam Bảo Nguyễn* at 240-487-6729; or e-mail lambao@comcast.net at 240-487-6729; or e-mail lambao@comcast.net

10:00 am to 11:25 am Basic Computer Course A

This session meets only on Tuesdays for six weeks. This Basic Computer Course is for those who have no prior knowledge of PC or Laptops. Cost \$12. Sessions are Tuesdays April 12th, April 19th, April 26th, May 3rd, May 10th, and May 17th.

10:00 am: Seated Volleyball in the Gym

Now you can play Seated Volleyball in the Gym, Monday through Thursday.

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

11:00 am: What You Need to Know About Shingles

Lecture given by a specialist from Health and Wellness Program of the Adventist Healthcare, session is in English and Spanish.

11:00 am: Citizenship

Martine Portee from Baltimore City Community College helps seniors every Tuesday and Thursday teaching the way to be ready to become a US Citizen. If this is the first time in a classroom, please bring a copy of your social security number and your green card.



11:00 am to 1:00 pm: Basic Computer Course A in Spanish

This session meets only on Tuesdays for six weeks. This Basic Computer Course is for those who have no prior knowledge of PC or Laptops. Cost \$12. Sessions are Tuesdays April 12th, April 19th, April 26th, May 3rd, May 10th, and May 17th.

11:00 am to 12:00 pm: Check your Blood Pressure

On Monday and Tuesday check your blood pressure and keep records of the numbers.

11:30 am: Aging and Disability Resource Center

Client Assistance Worker from HHS, Anita Joseph comes to the Center the second Tuesday of the month at 11:30 a.m. Call her at 240-777-1062 to make an appointment. For questions about services call Health and Human Services 240-777-3000.

12:00 pm: Spanish Beginner: Native Spanish speaking instructor Waldo Pinto teaches entry level Spanish; students must purchase *Barron's Learn Spanish the Fast and Fun Way (3rd Ed.)*.

12:00 pm: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

12:00 pm: Bingo

Play for fun or for prizes. Cost \$1.00.

1:00 pm: Lunch, Salisbury Steak with Gravy, Mashed Potatoes, Collards, Whole Wheat Roll, Fruit Cocktail, Orange Juice, Coffee, Tea, and Water.

Wednesday, April 13th, 10:00 am to 10:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am: Vision Exercises

Improve your balance and peripheral vision with these simple exercises, if you can't get to these sessions, the equipment is available to practice on your own.

10:00 am to 1:00 pm: Rosetta Stone – Computer Tutoring

Learn to speak English using the “Rosetta Stone” program on the computer, Basic English instruction and Computer tutoring. Volunteers: Jane Hawkanson, Edward Ingram.

10:00 am: Knitting and Crochet class

Learn knitting and crochet with expert Clotilde Ibáñez; bring your own materials.

10:00 am: Seated Volleyball in the Gym

Now you can play Seated Volleyball in the Gym, Monday through Thursday.



10:30 am to 12:00 pm: Art Explorations in Paint

Carol Clatterbuck provides assistance and feedback for you to paint in acrylics. Some are examples of animals, waterscapes, landscapes, florals, etc. Work at your own pace; explore your creativity with brush and paint. Drawing skills are not required. Cost \$24.00 eight (8) weeks.

11:00 am to 12:00 pm: Learn Spanish Literacy

Volunteer Clotilde Ibáñez, former School Principal in Latin America helps those who didn't have an opportunity to attend elementary school; program is for Spanish speaking participants only.

11:00 am: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

11:00 am: USA Movie with Spanish subtitles.

12:00 pm to 12:45 pm: Senior Fit: Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. Program is co-sponsored by Holy Cross Hospital, and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

1:00 pm to 2:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell Teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Lunch, Turkey Tetrazzini, Chopped Kale, Garden Salad, Whole Wheat Bread, Pineapple Tidbits, Coffee, Tea, and Water.

Thursday, April 14th, 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: The Vietnamese American Senior Association (VASA)

For information please contact Ms. Quynh Nguyen at 301-588-6862.

10:00 am – 11:25 am: Keyboarding Course B

Learn general instruction on the computer keyboard. General computer literacy will be covered.

Cost \$12 for 6 classes. Class meets Thursday, April 14th, April 21st, April 28th, May 5th, May 12th, and May 19th

10:00 am: Seated Volleyball in the Gym

Now you can play Seated Volleyball in the Gym, Monday through Thursday.

11:00 am: Citizenship

Martine Portee from Baltimore City Community College helps seniors every Tuesday and Thursday teaching the way to be ready to become a US Citizen. If this is the first time in a classroom, please bring a copy of your social security number and your green card.

11:00 am: Informal Kingship Caregivers

Receive information on referral services, support groups, in home services to adults caring for a relative's child, such as a grandparent caring for a grandchild in their home. A staff from the Child Welfare Services of the County's Department of Health and Human Services presents this program.

11:30 am to 1:00 pm: Keyboarding Course B in Spanish

Learn general instruction on the computer keyboard in Spanish. General computer literacy will be covered. Cost \$12 for 6 classes. Class meets Thursday, April 14th, April 21st, April 28th, May 5th, May 12th, and May 19th.

12:00 pm: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

12:00 pm: Seated Volleyball Team

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

1:00 pm: Lunch, Beef Vegetable Stew on Noodles, Tossed Salad, Pumpernickel Bread, Orange, Coffee, Tea, and Water.



Friday, April 15th, 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: Chinese American Senior Services Association (CASSA)

Contact Vivien Hsueh, President at 301-530-4880 or email vhsueh@aol.com for information.

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

T'ai Chi for Seniors: Experience the gentle stretching, graceful movements, and health benefits of T'ai Chi with instructors Fred Nee and Al Carey. A review of scientific literature suggests that there is strong evidence of beneficial health effects of tai chi and qi gong, including benefits for bone health, cardiopulmonary fitness, balance, and quality of life. Both tai chi and qi gong involve physical movement, mental focus, and deep breathing.

10:00 am - 10:30 am: Qi Gong deep breathing and range of motion exercises

10:30 am - 11:00 am: Three repetitions of the Yang Style T'ai Chi Chaun solo exercise

11:00 am - 11:30 am: Introduction to basics of Tai Chi Chuan solo exercise.

11:00 am: Spanish Advanced Beginner

Native Spanish speaking instructor and volunteer Waldo Pinto teaches advanced level Spanish; students must purchase *Barron's Learn Spanish the Fast and Fun Way (3rd Ed.)*. 15 weeks.

11:30 am to 12:30 pm: Zumba

Zumba Fitness fuses hypnotic Latin rhythms and easy-to-follow moves in a unique dance program that will leave you energized. Choreography and music are tailored to anyone new to dance fitness, as well as the active older adult. You'll learn salsa, merengue, cumbia, cha-cha, mambo, and tango. What else could you ask for? Fee \$3.00.

12:00 pm: Seated Volleyball Team

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

1:00 pm to 2:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell Teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Lunch, Broiled Haddock with Ginger Citrus Sauce, Brown Rice Pilaf, California Vegetables Blend, Whole Wheat Bread, Cinnamon Applesauce, Coffee, Tea, and Water.

Monday, April 18th, 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: Chinese American Senior Services Association (CASSA)

Contact Vivien Hsueh, President at 301-530-4880 or email vhsueh@aol.com for information.

10:00 am to 11:25 am: Keyboarding Course A

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class meets Monday, April 11th, 18th, 25th, May 2nd, May 9th and May 16th.

10:00 am: Seated Volleyball in the Gym

Now you can play Seated Volleyball in the Gym, Monday through Thursday.

10:00 am to 11:45 am: T'ai-Chi

T'ai Chi is a system of movements and positions believed to have developed in 12th Century China. T'ai Chi techniques aim to address the body and mind as an interconnected system and are traditionally believed to have mental and physical health benefits to improve posture, balance, flexibility, and strength. CASSA instructors presents this program.

11:30 am to 1:00 pm: Keyboarding Course in Spanish A

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class meets Monday, April 11th, 18th, 25th, May 2nd, May 9th and May 16th.

10:30 am to 12:00 pm: Ceramics Class

Carol Clatterbuck instructs, cost \$24.00 for eight (8) weeks including greenware, paint, glaze, and firing. This is your opportunity to try various techniques and make your own beautiful pieces. Lots of bisque to choose from--vases, dishware, banks, holiday items, etc. (With instructor's permission, you may bring your own supplies to work independently at \$12.00)

11:00 am to 12:00 pm: Check your Blood Pressure

On Monday and Tuesday check your blood pressure and keep records of the numbers.

12:00 pm to 12:45 pm: Senior Fit - Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. This program is co-sponsored by Holy Cross Hospital and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

1:00 pm: Lunch, Vegetarian Bean Soup, Pasta Primavera, Kale, Whole Wheat Bread, Peaches, Coffee, Tea, and Water.



Tuesday, April 19th, 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: The Vietnamese Senior Association of Maryland (VSAM)

Contact Chairman and President *Lam Bảo Nguyễn* at 240-487-6729; or e-mail lambao@comcast.net

10:00 am to 11:25 am: Basic Computer Course A

This session meets only on Tuesdays for six weeks. This Basic Computer Course is for those who have no prior knowledge of PC or Laptops. Cost \$12. Sessions are Tuesdays April 12th, April 19th, April 26th, May 3rd, May 10th, and May 17th.

10:00 am: Seated Volleyball in the Gym

Now you can play Seated Volleyball in the Gym, Monday through Thursday.

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

11:00 am to 12:00 pm: Check your Blood Pressure

On Monday and Tuesday check your blood pressure and keep records of the numbers.

11:30 am to 1:00 pm: Basic Computer Course A in Spanish

This session meets only on Tuesdays for six weeks. This Basic Computer Course is for those who have no prior knowledge of PC or Laptops. Cost \$12. Sessions are Tuesdays April 12th, April 19th, April 26th, May 3rd, May 10th, and May 17th.

12:00 pm: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

12:00 pm: Spanish Beginner

Native Spanish speaking instructor Waldo Pinto teaches entry level Spanish; students must purchase *Barron's Learn Spanish the Fast and Fun Way (3rd Ed.)*.

1:00 pm: Lunch, Beef Fajitas, Whole Wheat Tortilla, Salsa, Corn, Brown Rice Mexicali, Garden Salad, Banana, Coffee, Tea, and Water.



Wednesday, April 20th 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am: Vision Exercises

Improve your balance and peripheral vision with these simple exercises, if you can't get to these sessions, the equipment is available to practice on your own. .

10:00 am to 1:00 pm: Rosetta Stone – Computer Tutoring

Learn to speak English using the “Rosetta Stone” program on the computer, Basic English instruction and computer tutoring. Volunteers: Jane Hawkanson, Edward Ingram.

10:00 am: Seated Volleyball in the Gym

Now you can play Seated Volleyball in the Gym, Monday through Thursday.

10:00 am: Knitting and Crochet class

Learn knitting and crochet with expert Clotilde Ibáñez; bring your own materials.

10:30 am to 12:00 pm: Art Explorations in Paint

Carol Clatterbuck provides assistance and feedback for you to paint in acrylics. Some are examples of animals, waterscapes, landscapes, florals, etc. Work at your own pace; explore your creativity with brush and paint. Drawing skills are not required. Cost \$24.00 eight (8) weeks.

11:00 am to 12:00 pm: Learn how to read and write in Spanish

Volunteer Clotilde Ibáñez, former School Principal in Latin America helps those who didn't have an opportunity to attend elementary school.

11:00 am: The Keys to Senior Housing

How do you know if someone should stay in the family home or move to a senior citizen building? Learn some tips from Roberta Schultz Benor about making the best decisions and communicating with your family. It is based on the book, *The Keys to Senior Housing: A Guide for Two Generations* (PublishAmerica 2009) written by Roberta Schultz Benor.

11:00 am: USA Movie in English with Spanish subtitles.

12:00 pm - 12:45 pm: Senior Fit: Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. Co sponsored by Holy Cross Hospital, and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

1:00 pm to 2:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell Teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Birthday Celebration! Everyone who has a Birthday in April cuts the cake today.

1:00 pm: Lunch, Bean Chili, Fluffy Rice, Spinach Salad, Corn Muffin, Tropical Fruit, Apple Juice, Coffee, Tea, and Water.



Thursday, April 21st 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: The Vietnamese American Senior Association (VASA)

For information please contact Ms. Quynh Nguyen at 301-588-6862.

10:00 am to 11:25 am: Keyboarding Course B

Learn general instruction on the computer keyboard. General computer literacy will be covered.

Cost \$12 for 6 classes. Class meets Thursday, April 14th, April 21st, April 28th, May 5th, May 12th, and May 19th.

10:00 am: Seated Volleyball in the Gym

Now you can play Seated Volleyball in the Gym, Monday through Thursday.

11:00 am: US Movie with subtitles in Spanish

11:00 am: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

11:30 am to 1:00 pm: Keyboarding Course B in Spanish

Learn general instruction on the computer keyboard. General computer literacy will be covered.

Cost \$12 for 6 classes. Class meets Thursday, April 14th, April 21st, April 28th, May 5th, May 12th, and May 19th.

1:00 pm: Lunch, Grilled Chicken Patty, Scalloped Potatoes, Field Greens, Rye Bread, Apple Crisp, Orange Pineapple Juice, Coffee, Tea, and Water.

Friday, April 22nd, 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: Chinese American Senior Services Association (CASSA)

Contact Vivien Hsueh, President at 301-530-4880 or email vhsueh@aol.com for information.

T'ai Chi for Seniors: Experience the gentle stretching, graceful movements, and health benefits of T'ai Chi with instructors Fred Nee and Al Carey. A review of scientific literature suggests that there is strong evidence of beneficial health effects of tai chi and qi gong, including benefits for bone health, cardiopulmonary fitness, balance, and quality of life. Both tai chi and qi gong involve physical movement, mental focus, and deep breathing.

10:00 am - 10:30 am: Qi Gong deep breathing and range of motion exercises

10:30 am - 11:00 am: Three repetitions of the Yang Style T'ai Chi Chaun solo exercise

11:00 am - 11:30 am: Introduction to basics of Tai Chi Chuan solo exercise.

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

11:00 am: Spanish Advanced Beginner

Native Spanish speaking instructor Waldo Pinto teaches advanced level Spanish; students must purchase *Barron's Learn Spanish the Fast and Fun Way (3rd Ed.)*. 15 weeks.

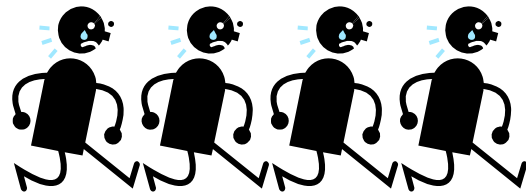
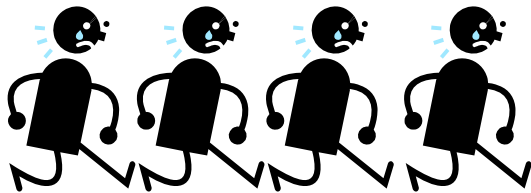
11:30 am to 12:30 pm: Zumba

Zumba Fitness fuses hypnotic Latin rhythms and easy-to-follow moves in a unique dance program that will leave you energized. Choreography and music are tailored to anyone new to dance fitness, as well as the active older adult. You'll learn salsa, merengue, cumbia, cha-cha, mambo, and tango. What else could you ask for? Fee \$3.00 per class per person.

1:00 pm to 2:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell Teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Lunch, Baked Tilapia, with Brown Rice, Peas, Glazed Carrots, Whole Wheat Bread, Fruited Gelatin, Orange Juice, Coffee, Tea, and Water.



Monday, April 25th, 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: Chinese American Senior Services Association (CASSA)

Contact Vivien Hsueh, President at 301-530-4880 or email vhsueh@aol.com for information.

10:00 am to 11:25 am: Keyboarding Course A

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class meets Monday, April 11th, April 18th, April 25th, May 2nd, May 9th, and May 16th.

10:00 am: Seated Volleyball in the Gym

Now you can play Seated Volleyball in the Gym, Monday through Thursday.

10:00 am to 11:45 am: T'ai-Chi

T'ai Chi is a system of movements and positions believed to have developed in 12th Century China. T'ai Chi techniques aim to address the body and mind as an interconnected system and are traditionally believed to have mental and physical health benefits to improve posture, balance, flexibility, and strength. CASSA instructors presents this program.

10:30 am - 12:00 pm: Ceramics Class

Carol Clatterbuck instructs, cost \$24.00 for eight (8) weeks including greenware, paint, glaze, and firing. This is your opportunity to try various techniques and make your own beautiful pieces. Lots of bisque to choose from--vases, dishware, banks, holiday items, etc. (With instructor's permission, you may bring your own supplies to work independently at \$12.00.)

10:30 am: Vision Exercises

Improve your balance and peripheral vision with these simple exercises, if you can't get to these sessions, the equipment is available to practice on your own.

11:00 am: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

11:00 am to 12:00 pm: Check your Blood Pressure

On Monday and Tuesday check your blood pressure and keep records of the numbers.

11:30 am to 1:00 pm: Keyboarding Course in Spanish A

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class meets Monday, April 11th, 18th, 25th, May 2nd, May 9th and May 16th.

12:00 pm to 12:45 pm: Senior Fit: Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. Co sponsored by Holy Cross Hospital, and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

1:00 pm: Lunch, Swedish Meatballs, Brown Rice, Italian Vegetable Blend, Field Greens, Whole Wheat Bread, Orange, Coffee, Tea, and Water.

**Tuesday, April 26th, 10:00 am to 10:30 am: Moving and Grooving**

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: The Vietnamese Senior Association of Maryland (VSAM)

Contact Chairman and President *LamBao Nguyễn* at 240-487-6729; or e-mail lambao@comcast.net

10:00 am to 11:25 am: Basic Computer Course A

This session meets only on Tuesdays for six weeks. This Basic Computer Course is for those who have no prior knowledge of PC or Laptops. Cost \$12. Sessions are Tuesdays April 12th, April 19th, April 26th, May 3rd, May 10th, and May 17th.

10:00 am: Dance with Annetta

Join Annetta Sawyer from Arts for the Aging for world dance rhythms, movement and exercise.

10:00 am: Seated Volleyball in the Gym

Now you can play Seated Volleyball in the Gym, Monday through Thursday.

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

11:00 am to 12:00 pm: Check your Blood Pressure

On Monday and Tuesday check your blood pressure and keep records of the numbers.

11:30 am to 1:00 pm: Basic Computer Course A in Spanish

This session meets only on Tuesdays for six weeks. This Basic Computer Course is for those who have no prior knowledge of PC or Laptops. Cost \$12. Sessions are Tuesdays April 12th, April 19th, April 26th, May 3rd, May 10th, and May 17th.

12:00 pm: Spanish Beginner: Native Spanish speaking instructor Waldo Pinto teaches entry level Spanish; students must purchase *Barron's Learn Spanish the Fast and Fun Way (3rd Ed.)*. 15 weeks.

12:00 pm: Bingo

Learn and play the Latin American equivalent to Bingo; play for fun or for prizes. Fee \$1.00

1:00 pm: Lunch, Turkey Stew, Chopped Kale, Tossed Salad, Rye Bread, Banana, Orange Pineapple Juice, Coffee, Tea, and Water.



Wednesday, April 27th, 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am: Vision Exercises

Improve your balance and peripheral vision with these simple exercises, if you can't get to these sessions, the equipment is available to practice on your own.

10:00 am to 1:00 pm: Rosetta Stone – Computer Tutoring

Learn to speak English using the “Rosetta Stone” program on the computer, Basic English instruction and Computer tutoring. Volunteers: Jane Hawkanson, Edward Ingram.

10:00 am: Seated Volleyball in the Gym

Now you can play Seated Volleyball in the Gym, Monday through Thursday.

10:00 am: Knitting and Crochet class

Learn knitting and crochet with expert Clotilde Ibáñez; bring your own materials.

10:30 am to 12:00 pm: Art Explorations in Paint

Carol Clatterbuck provides assistance and feedback for you to paint in acrylics. Some are examples of animals, waterscapes, landscapes, florals, etc. Work at your own pace; explore your creativity with brush and paint. Drawing skills are not required. Cost \$24.00 eight (8) weeks.

11:00 am: Learn how to read and write in Spanish

Volunteer Clotilde Ibáñez, former School Principal in Latin America helps those who didn't have an opportunity to attend elementary school.

11:00 am: USA Movie with Spanish subtitles.

11:00 am: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

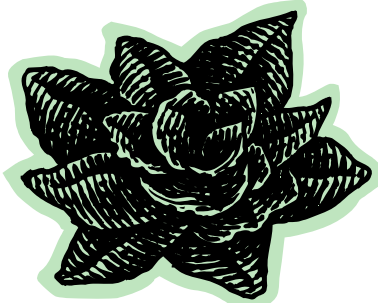
12:00 pm to 12:45 pm: Senior Fit: Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. Co sponsored by Holy Cross Hospital, and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

1:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell Teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Lunch, Roast Beef with Gravy, Sweet Potatoes, Spinach Salad, Whole Wheat Bread, Cinnamon Applesauce, Orange Juice, Coffee, Tea, and Water.



Thursday April 28th, 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: The Vietnamese American Senior Association (VASA)

For information please contact Ms. Quynh Nguyen at 301-588-6862.

10:00 am to 11:25 am: Keyboarding Course B

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class meets Thursday, April 14th, April 21st, April 28th, May 5th, May 12th, and May 19th.

10:00 am: Seated Volleyball in the Gym

Now you can play Seated Volleyball in the Gym, Monday through Thursday.

11:25 am to 1:00 pm: Keyboarding Course B in Spanish

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class meets Thursday, April 14th, April 21st, April 28th, May 5th, May 12th, and May 19th.

12:00 pm: US Movie with subtitles in Spanish

12:00 pm to 1:00 pm: Santé Discussion Group - Family Relations

In co-sponsorship with Affiliated Santé Group, Therapist Maricela Barroso focuses this interactive group on developing skills to help cope with everyday life. Session is in English only.

1:00 pm: Lunch, Baked Chicken Leg, Black Eyed Peas, Broccoli, Garden Salad, Whole Wheat Bread, Fruited Lime Gelatin, Coffee, Tea, and Water.

Friday, April 29th, 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: Chinese American Senior Services Association (CASSA)

Contact Vivien Hsueh, President at 301-530-4880 or email vhsueh@aol.com for information.

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

T'ai Chi for Seniors: Experience the gentle stretching, graceful movements, and health benefits of T'ai Chi with instructors Fred Nee and Al Carey. A review of scientific literature suggests that there is strong evidence of beneficial health effects of tai chi and qi gong, including benefits for bone health, cardiopulmonary fitness, balance, and quality of life. Both tai chi and qi gong involve physical movement, mental focus, and deep breathing.

10:00 am - 10:30 am: Qi Gong deep breathing and range of motion exercises

10:30 am - 11:00 am: Three repetitions of the Yang Style T'ai Chi Chaun solo exercise

11:00 am - 11:30 am: Introduction to basics of Tai Chi Chuan solo exercise.

11:00 am: Spanish Advanced Beginner

Native Spanish speaking instructor Waldo Pinto teaches advanced level Spanish; students must purchase *Barron's Learn Spanish the Fast and Fun Way* (3rd Ed.).

11:30 am to 12:30 pm: Zumba

Zumba Fitness fuses hypnotic Latin rhythms and easy-to-follow moves in a unique dance program that will leave you energized. Choreography and music are tailored to anyone new to dance fitness, as well as the active older adult. You'll learn salsa, merengue, cumbia, cha-cha, mambo, and tango. What else could you ask for? Fee \$3.00 per class per person.

1:00 pm to 2:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell Teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Lunch, Split Pea Soup, Baked Pollack, Lemon Butter Sauce, Glazed Carrots, Tossed Salad, Corn Muffin, Pineapple Tidbits, Coffee, Tea, and Water.

Other Programs

Cambodian Senior Group

Meets at Long Branch on Fridays, 10:00 -11:00 am for T'ai Chi. Please call Seng Cau 240-485-6667 to confirm dates.

Chinese American Senior Services Association (CASSA)

Meets Mondays and Fridays, 10:00 am– 2:00 pm, contact, Vivien Hsueh, President, 301-530-4880 or email yhsueh@aol.com. All activities are open for all seniors to participate.

The Vietnamese Senior Association of Maryland (VSAM)

Meets every Tuesday 10:00 am to 2:00 pm. Contact Chairman and President *LamBảo Nguyễn* at 240-487-6729; or e-mail lambao@comcast.net Open for all seniors to participate.

The Vietnamese American Senior Association (VASA)

Meets every Thursday from 10:00 am to 2:00 pm, for information please contact Ms. Quynh Nguyen at 301.588.6862.

Exercise and Weight Room Senior Pass Adults 55+ may register to use Long Branch Community Center's exercise and weight room or that at any other community center at \$50/year under the Silver Sneakers program, Monday through Friday, 10:00 am – 2:00 pm. Appropriate attire is required for your safety, tennis shoes and shorts or pants, no skirts or hard soled shoes.

Aging and Disability Resource Center

Client Assistance Worker from the Department of Health and Human Services Anita Joseph comes to the Center the second Tuesday of the month at 11:30 a.m. You can contact her at 240-777-1062 to make an appointment. For questions about services call Health and Human Services 240-777-3000.

Senior Center Services

Transportation to Long Branch for Seniors

Door-to-door bus transportation to the center is offered of charge Monday-Thursday within a limited area. To make arrangements please call 240-777-6975.

Manna Food Center

Manna distributes food at the parking lot of the Long Branch Community Center on Wednesdays from 5:00 pm to 7:00 pm. The Senior Center can refer you to Manna. If you have any question, please contact Manna at 301-424-1130.

Mobile Medical Care

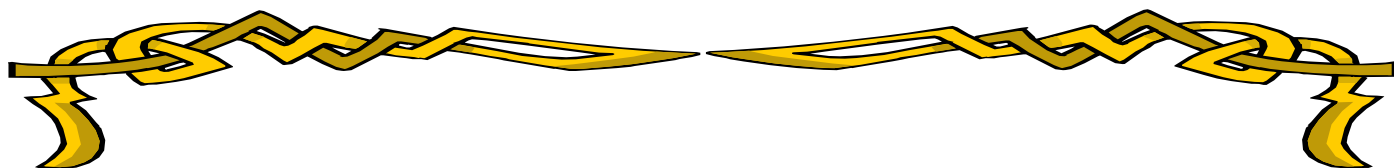
The Mobil provides primary healthcare services for residents of Montgomery County without health insurance, Fridays, 8:30 am - 4:00 pm. Please call MobileMed 301-493-2400.

Mobile Post Office

Thursdays 12:30 pm – 1:00 pm the mobile post office comes to the center to take your mail or to sell stamps.

Seniors with Disabilities

Are encouraged to participate in senior programs. Montgomery County Government is committed to complying with the American with Disabilities Act (ADA). If you need auxiliary aids, program assistance or services in order to participate, notification must be received no later than two (2) weeks prior to the start of the activity, 240-777-6870 or TTY 240-777-6974.



Long Branch Senior Center is proud of our Great Volunteers

Ann Butler
Beatrice Disla
Charles West
Clotilde Ibañez
Ed Ingram
Eleuteria Flores

Jane Hawkanson
Jim Mueller
Juan Sánchez
Lessie Daniels
Ralph Jiménez
Robert Keys

Rusty Keith
Vera Samuels
Waldo Pinto
Xiomara Martinez
Yolanda de Santos
Georgia A. Martin